

15

said sides when said upper chest and shoulders are supported as aforesaid;

- (b) means for holding said upper chest and shoulder support platform with its said upper surface at an elevation above said underlying surface such that, when said upper chest and shoulders are supported as aforesaid;
- (c) a lumbar support platform spaced longitudinally rearwardly from said upper chest and shoulder support platform and having a longitudinally extending upper surface for providing lifting support to said body only from below the lumbar vertebrae of said body, said upper surface of said lumbar support platform extending longitudinally for a limited distance permitting left and right legs of said body to extend downwardly from said lumbar support platform and longitudinally rearwardly of said rear end;
- (d) means for holding said lumbar support platform with its said upper surface at an elevation above said underlying surface such that, when said region below the lumbar vertebrae is supported as aforesaid, said elevation permits the knees of said body to rest on said underlying surface without carrying a substantial part of the weight of said legs above said knees; and,
- (e) an open region extending longitudinally between said platforms for providing room for at least a portion of the weight of the chest of said body below said shoulders to pull down on said body between said platforms; said platforms and said open region being sized to enable a longitudinal stretch of both the thoracic vertebrae and the lumbar vertebrae of said body when said body is positioned on said platforms; and, concurrently, said upper chest and shoulder support platform permitting the neck and head of said body to tilt forwardly and downwardly from said shoulders to a tucked chin position enabling a longitudinal stretch of the cervical vertebrae of the body.

4. A body rest structure as defined in claim 3, wherein said elevation of said lumbar support platform is approximately the same as the elevation of said upper chest and shoulder support platform.

5. A body rest structure as defined in claim 3, wherein said elevation of said lumbar support platform is greater than the elevation of said upper chest and shoulder support platform.

6. A body rest structure as defined in claim 3, including means for adjusting the longitudinal distance between said platforms.

7. A body rest structure as defined in claim 3, wherein said means for holding said platforms comprises a supporting framework interconnecting said platforms.

8. A body rest structure as defined in claim 3 wherein said front end of said torso support includes a notch centrally disposed widthwise for permitting the neck and head of said body to extend downwardly and forwardly as aforesaid without the occurrence of contact between the throat of said body and said torso support.

9. A body rest structure as defined in claim 3, wherein said open region has a bottom defined by an upper surface extending between said upper surface of said upper chest and shoulder support platform and said upper surface of said lumbar support platform, at least a substantial portion of said defining surface extending longitudinally rearwardly from said upper surface of said upper chest and shoulder support below said elevation of said upper surface of said upper chest and shoulder support platform.

10. A body rest structure as defined in claim 9, said torso support including a rear supporting surface extending down-

16

wardly and rearwardly from said upper surface of said lumbar support platform to said rear end, said supporting surface for providing lifting support from below the hips and abdomen of said body while directing said legs downwardly from said lumbar support platform and longitudinally rearwardly of said rear end.

11. A body rest structure as defined in claim 10, wherein said platforms, said means for holding said platforms, said defining surface and said rear supporting surface are integrally formed.

12. A body rest structure as defined in claim 3 further including a head support positionable on said underlying surface forward of said front end of said torso support for supporting said head of said body in a downwardly facing position above said underlying surface, said head support comprising:

- (a) a front portion for providing lifting support to the forehead of said body; and,
- (b) parallel opposed side portions for concurrently providing lifting support to opposed sides of the face of said body, each side portion extending from said front portion to an associated distal end.

13. A body rest structure as defined in claim 12 wherein said head support is sized for supporting said head at a position where said neck and head of said body tilt forwardly and downwardly from said shoulders at an angle in the range of about 20 to 35 degrees to said head support when said upper chest and shoulders are supported as aforesaid by said upper chest and shoulder support platform.

14. A body rest structure as defined in claim 12, said head support further including a vertical spacer removably positionable beneath said front portion and said side portions of said head support for elevating said portions.

15. A body rest structure as defined in claim 14, wherein said vertical spacer is wedge shaped.

16. A body rest structure as defined in claim 12, wherein each of said side portions has an upper surface that slopes upwardly from said front portion to its associated distal end.

17. A body rest structure as defined in claim 16, further including a vertical spacer positionable beneath said front portion and said side portions for elevating said portions.

18. A body rest structure as defined in claim 17, wherein said vertical spacer is wedge shaped.

19. A head support positionable on an underlying surface for supporting the head of a human body in a downwardly facing position above said surface while the torso of said body is supported in a prone position above said surface, said head support comprising:

- (a) a front portion for providing lifting support to the forehead of said body;
- (b) parallel opposed side portions for concurrently providing lifting support to opposed sides of the face of said body; each side portion extending from said front portion to an associated distal end; each side portion having an upper surface that slopes upwardly from said front portion to its associated distal end; and,
- (c) a wedge shaped vertical spacer removably positionable beneath said front portion and said side portions of said head support for elevating said upper surfaces, and
 - (i) in a first selected position, to concurrently decrease said upward slope of said surfaces, and
 - (ii) in a second selected position, to concurrently increase said upward slope of said surfaces.